

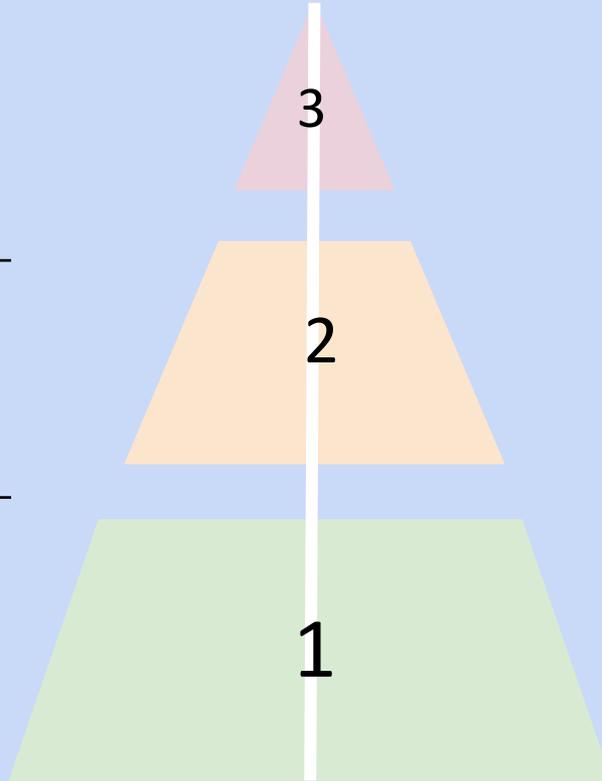


Supporting Mental and Behavioral Wellness of Students  
through a  
Multi-Tiered System of Support

# Mental Health & Wellness Supports

2021-2022 School Year

## STUDENT FOCUS



### In-Person Students

#### Tier 3

- 1:1 counseling support for emergencies
- 1:1 counseling support for 504/IEP counseling
- 1:1 counseling support for students by School Counselors and School Psychologists
- 1:1 ongoing counseling supports by Social Work Team
- All require parental consent except emergencies

#### Tier 2

- Student group sessions for topics like conflict resolution, depression, substance use, anxiety, and coping skills - parent consent required

#### Tier 1

- SEL Instruction - Teacher-Based with counselor support, if requested.
- MH Website/Google Site for resource/info
- Mental Wellness - Social-emotional check in for students, as needed
- Counseling Support - School Counselors provide curriculum-based support

### Virtual Students

#### Tier 3

- 1:1 counseling support by School Counselors
- 1:1 counseling support by School Psychs
- 1:1 counseling support by Social Workers
- All services require parental consent

#### Tier 2

- Planned group sessions for topics like conflict resolution, depression, substance use, anxiety, and coping skills - parent consent required
- Groups can be linked into Schoology

#### Tier 1

- Online SEL instruction
- MH Website/Google Site for resources/info
- Mental Wellness - Social-emotional check in for students, as needed
- Counseling Support - School Counselors provide virtual curriculum-based support

# MH & Wellness Resources

[Elementary Students Mental Health & Wellness Page](#)

[Secondary Students Mental Health & Wellness Page](#)

[Parent/Guardian Mental Health & Wellness Page](#)

[Staff Mental Health & Wellness Page](#)

[Mental Health & Wellness Newsletter with MH Topic of the Month](#)

A&S Training on MH Topic of the Month

Staff Training (QPR, QPR for Crisis Assessments, YMHFA, PD days, etc)

[Safety Protocols Page for Teachers/Staff](#)

[School Health Council Site](#)

[Mental Health Resources Button](#) and Student Dashboards in Schoology for easy access

# Mental Health & Wellness Staffing

- School Counselors
- School Psychologists
- Pupil Personnel Workers
- Behavior Specialists
- Grant funded School Social Workers
- Contracts with OP Clinicians for 5+ schools
- Working toward School-Based Health Centers



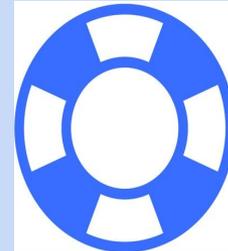
# Community Partnerships are Essential



ST. MARY'S COUNTY  
HEALTH DEPARTMENT



Conscious  
Discipline®



American  
Foundation  
for Suicide  
Prevention

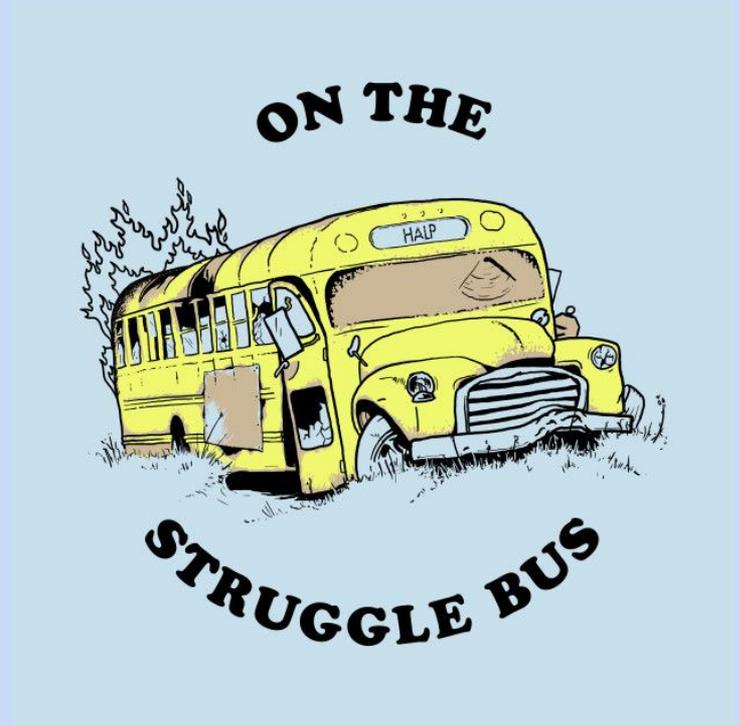
# Data is Essential

- MTSS School-Based Team Data Reviews
- MTSS District Team Data Reviews
  - EP Data
  - Risk Assessment Data
    - Bullying Form Data
  - Threat Assessment Data
    - CPS Report Data
- SW Team Intervention Data

**WE**  
  
**DATA**

# Our Struggles

- Staffing
- Funding
- Exhaustion
- Burn Out
- Staff & Student MH Needs
- Increased Demands
- Increased Complexity of Needs
- Expectations





Questions

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